

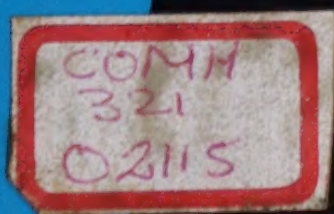


WORKBOOKS FOR
COMMUNITY HEALTH WORKERS

Some Common Health Problems

Tuberculosis and Leprosy

First Aid





THE MEDEX PRIMARY HEALTH CARE SERIES

After completion of extensive field trials in Micronesia and in primary health care programs in Lesotho, Guyana, Pakistan, and Thailand, the methods and materials of the MEDEX technology have been published as The MEDEX Primary Health Care Series. The Series provides a systematic, practical, adaptable format for management and training in new or existing primary health care programs at all levels.

The 35-volume Series is organized into three major categories of Management Systems Development

Materials, Mid-Level Health Worker Training Materials, and Community Health Worker Training Materials. The Series is appropriately balanced between promotive, preventive, and curative needs in primary health care.

The methods and materials of the MEDEX technology are suitable for national scale programs as well as smaller projects, and can be used in whole or in part as circumstances demand. One of the greatest strengths of the MEDEX technology is its flexibility and sensitivity to local conditions.

VOL.

- 1 The MEDEX Primary Health Care Series: An Overview

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Facilities and Equipment Maintenance System Workbook
Transportation System Workbook
- 4 Communication System Workbook
Personnel System Workbook
Finance System Workbook
Health Information System Workbook
- 5 District and National Planning and Management Workshops Manual

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- 7 Continuing Education Manual

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Meeting the Preventive Health Needs of the Community
Training and Supporting Community Health Workers

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- 29 Patient Care Procedures

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COMMUNITY HEALTH WORKER TRAINING MATERIALS

The Community Health Worker Training Materials are designed for training literate and non-literate community health workers to carry out specific tasks. The teaching approach emphasizes dialogue between trainer and trainee. Other methods employed include role-play, demonstrations, stories, and extensive use of visual aids. The materials are geared to practical skill development through maximum interaction with the trainer. The workbooks emphasize promotive and preventive skills, but include selected basic curative skills as well.

The workbooks can be used to train new community health workers or to provide continuing education for existing community health workers. To prepare mid-level health workers to train community health workers, these workbooks are used along with the community health modules.

- 32 Introduction to Training
Clean Water and Clean Community
Prevention and Care of Diarrhea

- 33 Healthy Pregnancy
Feeding and Caring for Children

- 34 Some Common Health Problems
Tuberculosis and Leprosy
First Aid

- 35 Community Learning Materials:
Health Problems in the Community
Caring for Your Child
Caring for Your Sick Child
Clean Home and Clean Community
Illustrations for Training Community Health Workers

To order books or to obtain further information on The MEDEX Primary Health Care Series, write: The MEDEX Group, University of Hawaii, 1833 Kalakaua Ave., #700, Honolulu, Hawaii 96815-1561, U.S.A.

SOME COMMON HEALTH PROBLEMS

TUBERCULOSIS AND LEPROSY

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**Some Common
Health
Problems**

**A WORKBOOK FOR
COMMUNITY HEALTH WORKERS**

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Library of Congress Catalog Card No. 83-80675

First Edition

Printed in U. S. A.

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Funded by the U. S. Agency for International Development Contract No. DSPE-C-0006. The views and interpretations expressed are those of the Health Manpower Development Staff and are not necessarily those of the United States Agency for International Development.

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SESSION 1

Helping People Stay Healthy

Many common health problems occur when people do not take good care of themselves, their homes, and their surroundings. In this workbook you will discuss ways people can stay healthy. You will also learn how to provide care for some common health problems in the community.

In this session you will discuss ways people can stay healthy and make sure they do not get some common health problems.

What are some of the common health problems in your community?

Why do you think people have these problems?

People can get some common health problems when they do not take good care of their bodies, their homes, and their community.

Helping People Take Good Care of Their Bodies

Share with people in your community how to take good care of their bodies. People who take good care of their bodies do not get ill with some common health problems.

People should keep their bodies clean. People who keep their bodies clean do not get ill with common health problems like scabies, red eye, or diarrhea.

What are some of the things you think a person should do to keep his body clean?

A person should keep his hair, face, teeth, nails, hands, and the rest of his body clean.

How often do you think a person should wash his hair?

A person should wash his hair at least two or three times a week. He should brush or comb his hair every morning and before going to bed every night.

How often do you think a person should bathe?

A person should bathe every day if possible. In winter a person should bathe at least two or three times a week. Even when he cannot bathe every day, a person should wash his hands and face every morning.



Is there enough water in your community for people to bathe at least two or three times a week?

What should people do if they do not have enough water?

What else should people do to stay healthy?

A person should clean his teeth every day to stay healthy.

How often do you think a person should clean his teeth?



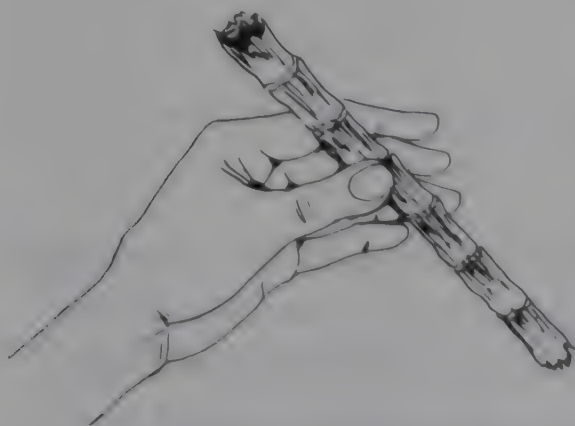
A person should clean his teeth at least twice a day. A person should clean his teeth once in the morning and once before going to bed at night. Dirty teeth rot easily and fall out. Clean teeth stay healthy longer and last a long time.

What do people in your community use to keep their teeth clean?

People do not need special things to keep their teeth clean. The important thing about cleaning teeth is to make sure that small pieces of food do not stay in the mouth after eating. These small pieces of food make the teeth rot.



People can use a brush to keep their teeth clean. They do not need a special brush. They can make a brush from a young bamboo, fibers of a coconut, or a small twig. But make sure people do not use a twig from a poisonous plant.



People do not need tooth paste. They can clean their teeth with clean water. They can also use a bit of salt to clean their teeth. A brush made from local materials is the most important thing for keeping the teeth clean.

After cleaning their teeth, people should rinse their mouth with clean water. Rinsing the mouth gets rid of the bits of food that they have brushed out. Here is how you should tell a person to clean his teeth.

Clean the top teeth first. Always start at the gum. Clean away from the gum. Clean each tooth and between the teeth. Clean the inner side of the teeth and the outer side of the teeth.

When the top teeth are clean, clean the bottom teeth. Again, start at the gum. Clean away from the gum. Clean each tooth and between the teeth. Clean the inner side of the teeth and the outer side of the teeth.

When you have finished, rinse your mouth with clean water two or three times.



What are some of the other things a person should do to keep his body clean and healthy?

A person should eat enough of the right kinds of foods. Eating enough of the right kinds of foods helps to keep a person's body healthy. In the Feeding and Caring for Children workbook, you discussed the foods children should eat to stay healthy. Grown-up people also need to eat good foods to stay healthy.

Children learn their habits from their parents. Children do what their parents do. When parents eat lots of sweet food and get bad teeth, children also begin to eat sweet food and get bad teeth. Children form their habits very early in life.

To have healthy children, parents should have healthy habits. Eating good foods is a healthy habit.



Washing hands is another healthy habit. When do children wash their hands?

When do grown-up people wash their hands?

To stay healthy, people should wash their hands:

Before preparing food

Before eating

Before feeding their children

After going to the latrine



What other times should people wash their hands?

You have discussed some of the habits that help people stay healthy. People who have healthy habits do not get some common health problems. In the next few sessions you will learn how to care for people with some common health problems.

What are some of the things you can share with people in your community so they do not get common health problems?

What are some of the first things you can do in your community?

SESSION 2

Caring for a Common Skin Problem

Keeping the body clean helps to keep the skin clean. Clean skin stays healthy. People who do not keep their bodies clean can get skin problems. In this session you will learn how to care for a person with a common skin problem.

What are some of the common skin problems in your community?

Scabies is one of the most common skin problems in many communities. Scabies is sometimes called the itch or the itching illness.



How do you think a person gets scabies?

A person usually gets scabies if he does not keep himself clean. Scabies passes from one person to another. If one person gets scabies, then usually his whole family gets scabies.

Where does a person with scabies have the itch?

A person usually has the itch between his fingers, around his waist and groin, and on his wrists, ankles, and heels. The itch gets worse at night.

Very small children sometimes get the itch on their face and head. If a child has scabies on his face or head, send him to the health center.

The itch makes the person scratch. When the person scratches with dirty fingers and nails, his skin gets red and sometimes swollen.

How do people get scabies?

Scabies spreads from one person to another when they are close together. Scabies can spread through clothing and bedding. Children can spread scabies to each other at school. Members of a family can spread it to other members. If one person in a family has scabies, everyone in the family can get scabies. This is why every person in the family or household

should be treated for scabies at the same time. If every person in the household is not treated at the same time, they can keep spreading scabies to each other again and again.

How do people in the community treat scabies?

You can treat scabies with medicine such as Lindane lotion. Your trainer will show you how to use Lindane lotion. But using Lindane lotion alone will not keep scabies from spreading. The person and his family also need to do other things. Tell the person with scabies to do these things.

First, scrub and bathe with soap and water. Dry off after bathing.





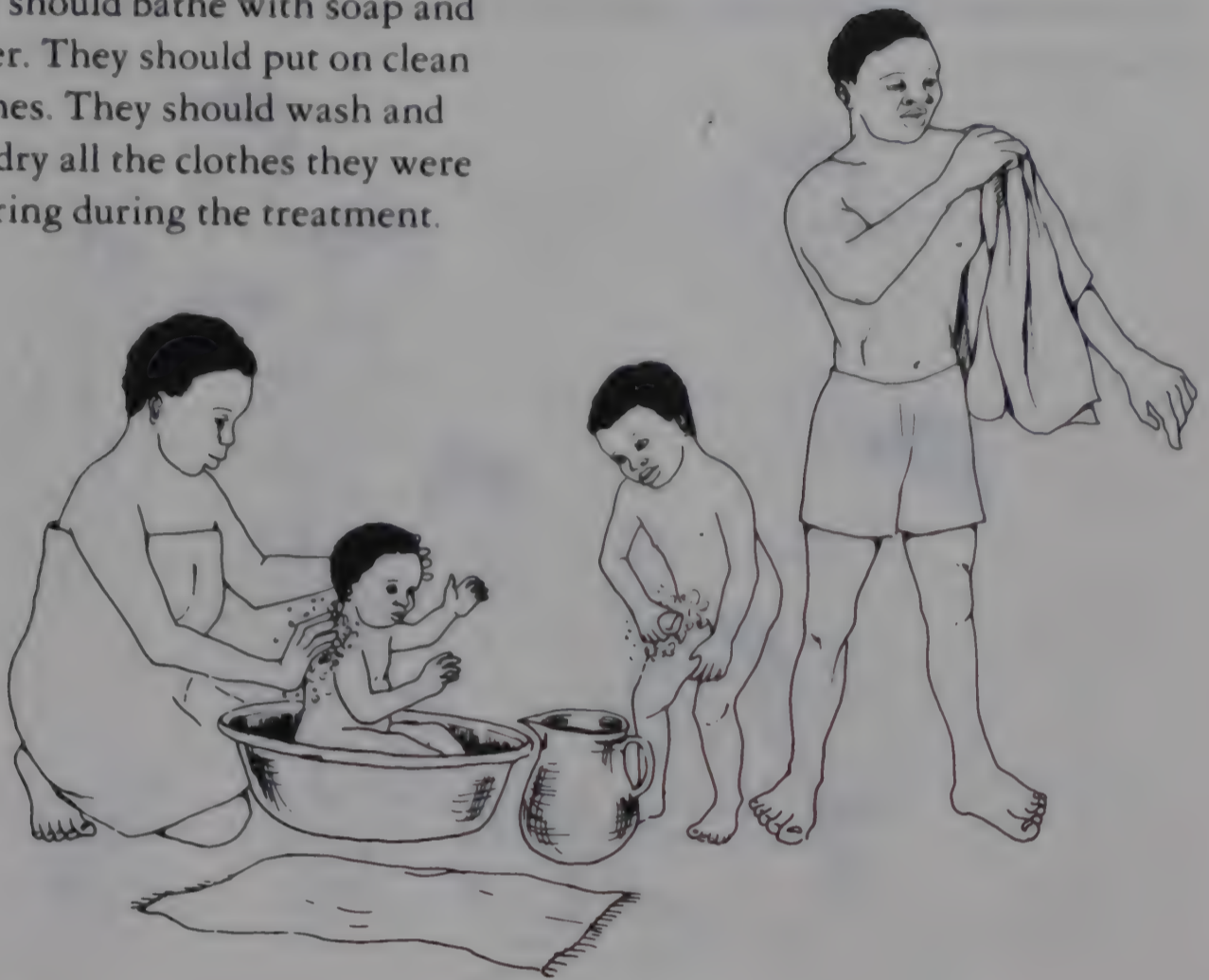
Put the Lindane lotion on your whole body except your face and head. Put the lotion also on the soles of your feet. Be careful not to get the Lindane lotion in your eyes.

Be sure all the people living in your household do these things at the same time. Be sure they bathe, dry off, and put the lotion on their whole body except their face and head. If all the people in your household do not do this at the same time, scabies will keep spreading from one person to another.



The people in your household should wash all their clothes and dry them in the sun. Or, they should boil all their clothes. They should also wash all their bedding and dry their bedding in the sun.

The people in your household should keep the lotion on for twenty-four hours or until the same time the next day. Then they should bathe with soap and water. They should put on clean clothes. They should wash and sun dry all the clothes they were wearing during the treatment.



If the people in your household do this, they will help stop the spread of scabies in your family and in your community.

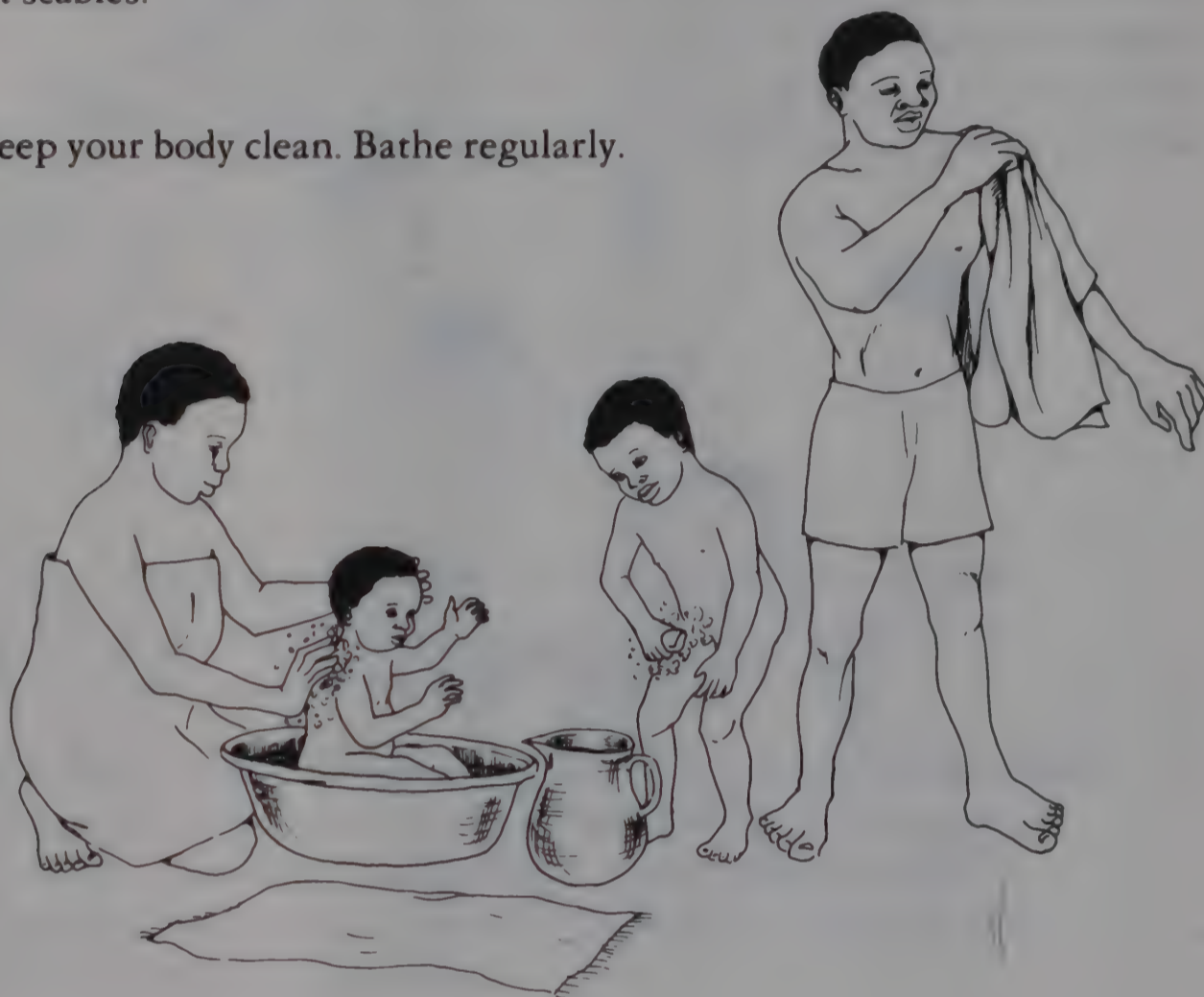
What happens when people with scabies scratch a lot?

Sometimes people with scabies scratch so much that they have openings in their skin. They may scratch with dirty nails. The dirt gets into the openings in their skin. The skin becomes red, swollen, and painful. They begin to have two skin problems. They have scabies and also red and pussy skin.

In such cases you should wash the person's skin with soap and water.
Also treat the person for scabies.

Here are some things you can share with people in your community about scabies.

1. Keep your body clean. Bathe regularly.



2. Wash your clothes with soap and water.



3. Sun dry your clothes after washing.
Sun dry your blankets and bedding
once a week.

4. Keep your fingernails clean and short.
5. Wash scratches from the itch with soap and water.
6. Use Lindane lotion for treating scabies. Keep the lotion away from children. Lindane lotion is a POISON and can kill children if they drink it.



7. Treat scabies again if you still have the itch after a week.

What are the first things you can do to stop the spread of scabies in your community?

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SESSION 3

Caring for the Eyes

A person's eyes stay healthy when he keeps them clean and eats good food. In this session you will learn how to care for the eyes. You will also learn how to care for a person in the community with red eye.

What can people do to keep their eyes clean?

People should wash around their eyes carefully every morning with soap and clean water. People should keep flies away from their eyes and their children's eyes. They should cover their eyes when the wind is blowing dust.



People's eyes also stay healthy when they eat good food. When a person's body is healthy, then his eyes are also healthy. Plenty of good food keeps a person and his eyes healthy.

What foods are good for the eyes?

Green, leafy vegetables, yellow fruits, milk, peanuts, and fish are good foods for the eyes.



Something in the Eye

Sometimes dirt, insects, or other things get in the eye. What do people in your community do when something gets in the eye?

Some people rub their eyes. Some people wipe their eyes with a cloth. Rubbing or wiping the eyes can make the eyes worse. You can help a person who gets something in his eye. Your trainer will show you how to care for a person with something in his eye.

Wash your hands with soap and water.

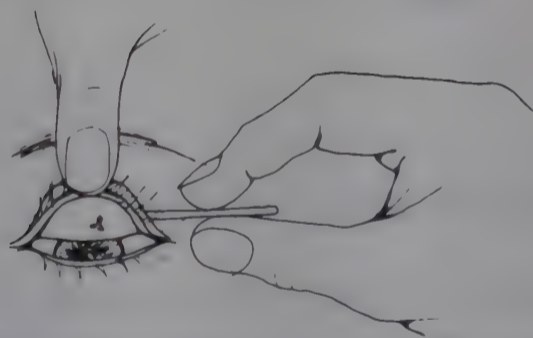


Ask the person to sit down. Ask him to look down.

Turn his eyelid up over a clean, small match stick. Your trainer will show you how to do this.



Hold the eyelid, and look in the eye. Look under the eyelid.



If you see something, remove it with a cotton-tipped match stick or the corner of a clean cloth. Your trainer will show you how to do this. If the eye hurts a lot, ask the person to go to the health center.



Put special eye ointment in the eye. Your trainer **will** show you how to put in the eye ointment when you learn about care for red eye.

Ask the person to come back later in the day to see you. When the person comes to see you, put in the special eye ointment for the second time.

Put in the eye ointment two times each day for the next two days.

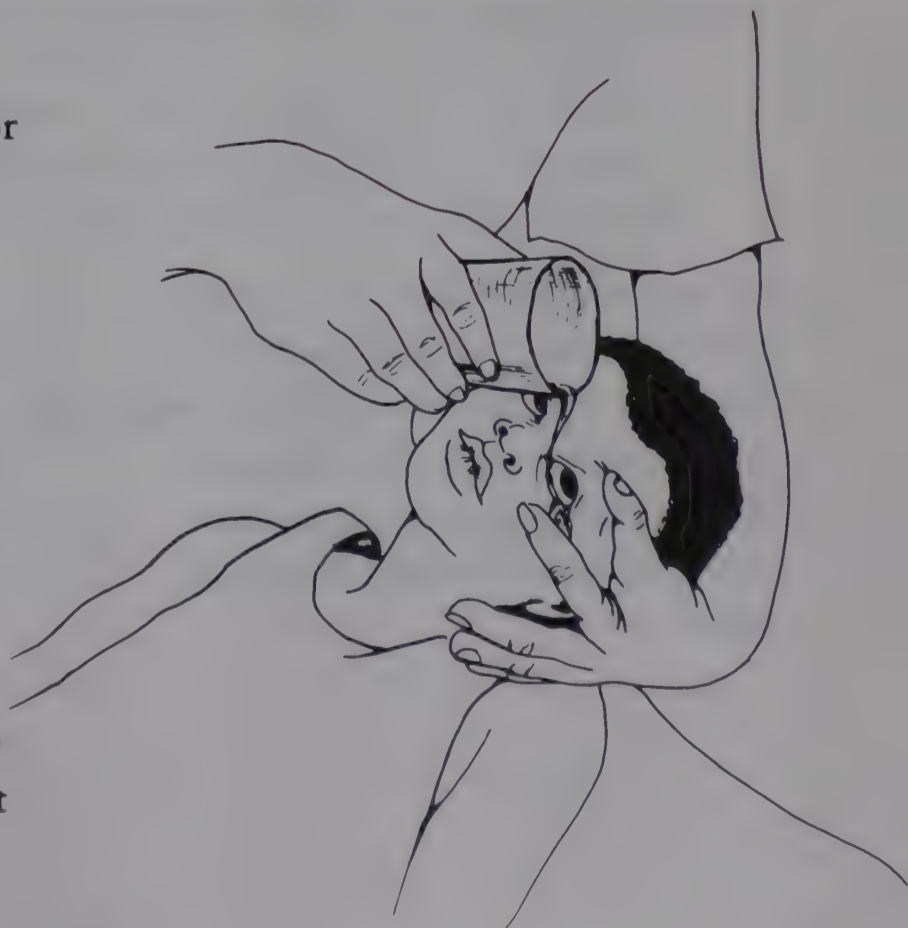
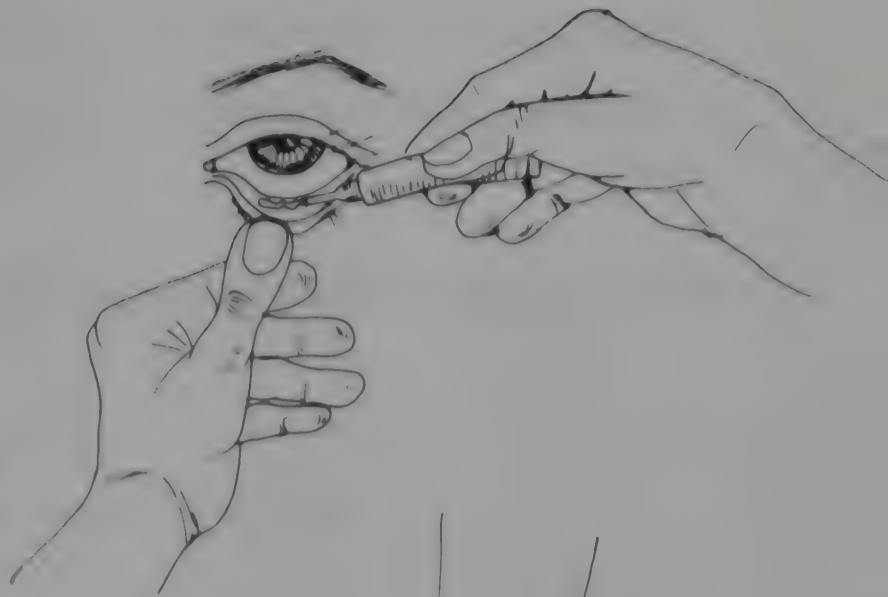
Tell the person not to rub his eyes. If the person has to touch his eyes, he should wash his hands before and after touching his eyes.

If the person's eye still hurts or is red after three days of treatment, ask the person to go to the health center.

If a liquid like lye, paraffin, or petrol has splashed in the eye, or if cement or lime got in the eye, you must help the person **RIGHT AWAY**.

Have the person tilt his head a little to the side. Hold the person's eyelid open. Slowly pour clean water over his eye. Keep pouring water slowly over his eye for at least fifteen minutes.

After you clean the eye, help the person to the health center right away.



Caring for Red Eye

Sometimes a person's eye becomes red, painful, watery, or pussy. This is red eye.

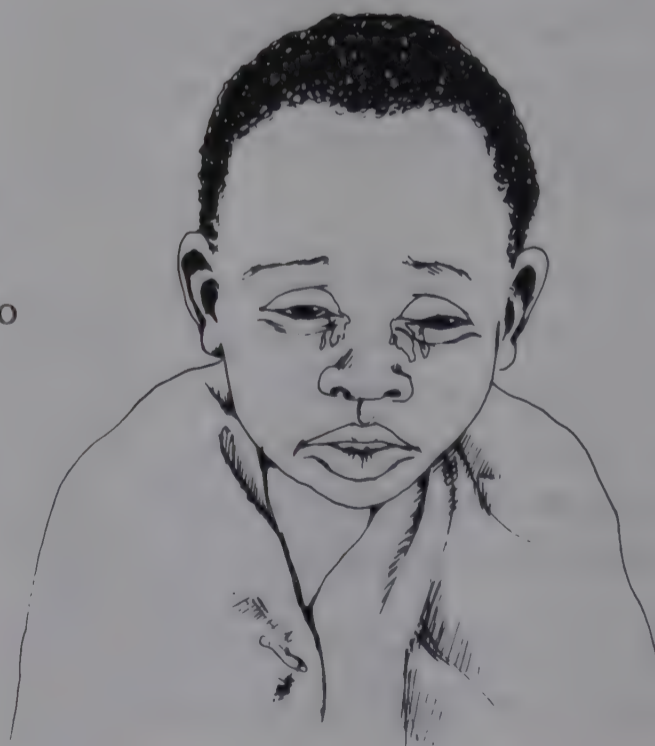
What do people in your community do for red eye?

Have you ever had red eye?

What does it feel like when you have red eye?

When a person has red eye, his eye feels itchy or scratchy. Sometimes the eye burns. Sometimes it feels like there is sand in the eye.

When there is yellow pus, the eyes stick together when the person is sleeping. It is hard for the person to open his eyes when he wakes up. Sometimes the person has headaches or says that light hurts his eyes.



Children get red eye more often than grown-ups.

How do you think red eye is spread?



In babies and children red eye is spread by flies, dust, and by children touching their eyes with dirty fingers. Children spread red eye to each other with dirty fingers or by using the same towel. Grown-ups also spread red eye by rubbing their eyes with dirty fingers or by using the same towel.

What can people do to stop the spread of red eye?

Getting rid of flies can help stop the spread of red eye. People should keep their houses and surroundings clean to keep away flies. People should keep flies away from their eyes.



Keeping the eyes clean also helps stop the spread of red eye. Children should learn to wash their hands often and not to rub their eyes with dirty hands. Children should not share towels to wipe their faces and hands. Keeping clean is a good way to stop the spread of red eye.



What else can people do to stop the spread of red eye?

Early care for people with red eye can help stop the spread of red eye. With early care people will not spread red eye to others. Ask people to come to see you right away if they have problems with their eyes. Without early care, some people can even become blind.

What do people in the community do to care for red eye?

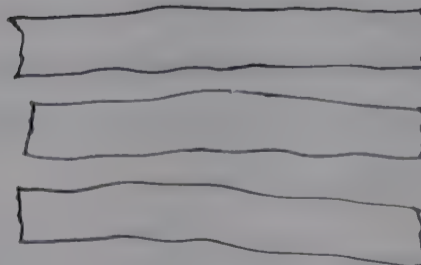
Now you will learn how to take care of red eye. You can treat red eye with the special eye ointment called TETRACYCLINE. Your trainer will show you how to care for red eye.

Wash your hands with soap and clean water.



Wash around the person's eyes and eyelids like this:

Cut narrow strips of cloth.

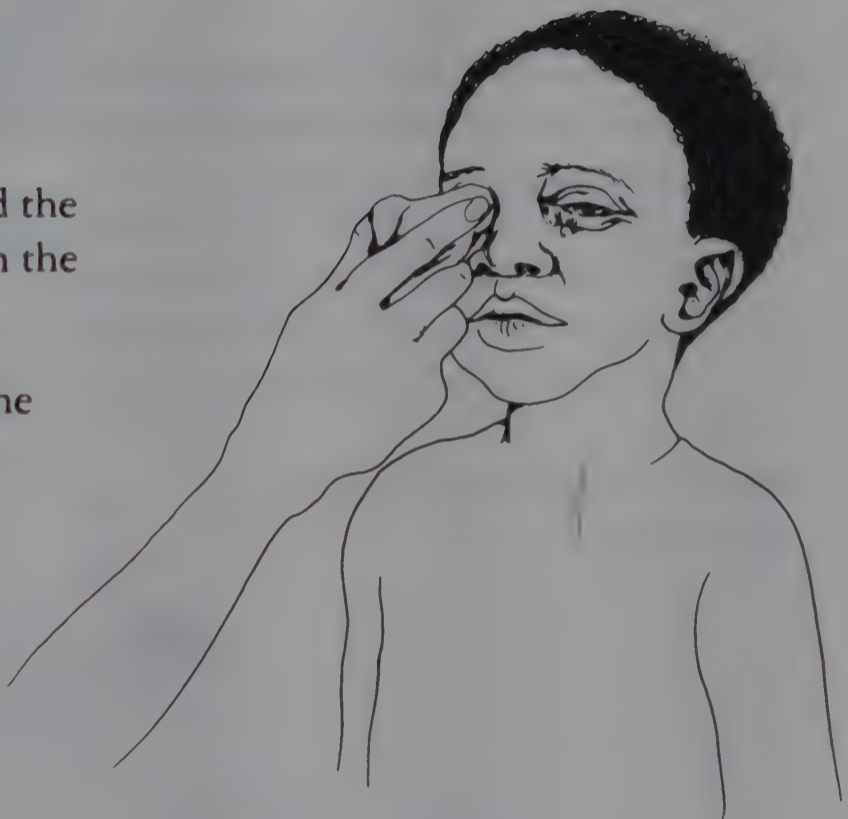


Boil the strips of cloth for five minutes in clean water. Let the strips of cloth cool.



Wash all the pus from around the person's eyes and eyelids with the strips of clean cloth.

Wash down and away from the person's eyes.



Pull down the lower eyelid. Put the ointment on the inside of the lower eyelid. Do not let the tube of ointment touch the eye or the eyelid. A dirty tube will spread red eye to others. Put the ointment in both eyes in this way.

Ask the person to blink his eyes. Blinking helps the ointment spread in the eyes.



Wash around the eyes and put in the special eye ointment four times each day for five days. If the person's eyes do not get better, send him to the health center. If the eyes become worse or the person has trouble seeing, help the person to the health center.



Newborn babies with red eye and their mothers should go to the health center right away. The health worker at the health center will give both the mother and the baby medicine. Without early care, the newborn can become blind.

For all other eye problems, you should send the person to the health center. Without good and early care, the person can become blind.



What have you learned about caring for the eyes?

What are the first things you can share with people in the community?

SESSION 4

Caring for a Person with Fever

When a person's body is hot, he has fever. In this session, you will learn how to care for a person with fever. You will also learn when you should refer a person with fever to the health center.

How can you tell when a person has fever?

You can tell when a person has fever by touching the person with one hand.

Touch the person with the back of your hand.

Touch your own body with the back of your other hand.

The person will feel hotter than your own body.



Why do people get fever?

Fever is not an illness. Fever is a signal that the person's body is not well. You can help the person by bringing his fever down.

What do people in your community do when a person has fever?

Sometimes a person with fever is wrapped in blankets. This is not good for the person. It makes the fever worse. It makes the person's body get hotter. Fever is dangerous, especially for young children. It is better to take off as many clothes as possible to let the body cool.

Sometimes a person with fever is sponged with cool water. This is very good for the person. The cool water helps to cool the body.



Sometimes a person is given fluids to drink. This is very good for the person. Cool water or other drinks help to cool the body. Water and drinks also help replace the fluids that the person has lost. A person with fever loses a lot of fluids from his body.



Sometimes a person takes aspirin for a fever. Aspirin is good for grown-up people who have fever. The person should take an aspirin every four hours. Aspirin helps to cool the body.

What should you, as a community health worker, do for a person with fever?

You can help a person with fever by:

Making sure the person takes a cool bath

Giving the person plenty of fluids to drink

Giving the person aspirin if he is a grown-up

Some people with fever may have a serious problem. If the fever does not come down, send the person to the health center. If the person with fever seems very ill, send the person to the health center.

What have you learned about caring for a person with fever?

What are the things you can share with people in your community?

SESSION 5

Caring for a Person with Aches and Pains

People in the community may have aches and pains for many reasons. In this session you will learn how to care for simple aches and pains in the community.

What are some of the reasons for aches and pains?

A person may have aches and pains because his body is tired. A person may have aches and pains because he does not use his body properly. A person may have aches and pains because his body is not well.

What are the common aches and pains in your community?

Headaches, belly pains, and pains in the joints are some of the most common kinds of aches and pains.

Headaches

What do people in the community do for headaches?



Some people take pills like aspirin for headaches. Then their headaches go away. Simple headaches are caused by being tired, not getting enough sleep, or worrying. Rest and aspirin can help a simple headache. Putting a wet cloth on the back of the neck and massaging the neck and shoulders can also help.

Headaches are also common with any illness that causes fever. You should check to see if the person with a headache has any other illness. If you suspect any other illness, send the person to the health center.

A person with headaches that keep coming back may not sleep enough. Or, he may not eat enough good food. Tell the person to sleep and to try to rest without worrying. Tell the person to eat good food.

Belly Pains

What do people in your community do for belly pains?

Some people take laxatives or enemas when they have belly pains. Laxatives and enemas can make people with belly pains more sick. Tell people with belly pains not to take laxatives or enemas.



Sometimes a person with belly pain drinks lots of fluids and eats a little food at a time. In one or two days the pain goes away. If the pain does not go away, send the person to the health center.



If a pregnant woman has belly pain, you should help the woman to the health center right away. This is a serious belly pain.

Pains in the Joints

What do people in your community do when they have pains in their joints?

Some people take aspirin when they have pains in their joints. Some people rub ointments on their joints. Some people may go to the health center. If a person has fallen down or injured the joint which hurts, he may have a serious illness. Send the person to the health center. If the joint is swollen or warm, he may also have a serious illness. Send the person to the health center.



If an old person says that his joints are painful, you should help him to exercise the joints. You should also put warm cloths on painful joints. Your trainer will show you how to put warm cloths on a painful joint. Practice doing this on each other. Aspirin can also help an old person with pain in the joints.

Are there any other common health problems in your community?
Which ones?

Which other health problems would you like to learn more about?

What are some of the things people can do in the community to prevent common health problems?

What are some of the first things you can do in your community?

The MEDEX Primary Health Care Series

Tuberculosis
and
Leprosy

A WORKBOOK FOR
COMMUNITY HEALTH WORKERS

© 1983

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Community Health Worker's Name:

Address:

Library of Congress Catalog Card No. 83-80675

First Edition

Printed in U. S. A.

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Funded by the U. S. Agency for International Development Contract No. DSPE-C-0006. The views and interpretations expressed are those of the Health Manpower Development Staff and are not necessarily those of the United States Agency for International Development

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SESSION 1

What Is the Coughing Illness Called?

Today you are going to learn about an illness that may be common in your community. You are going to learn about a coughing illness. You are also going to learn how to stop the spread of this illness in your community.

Does anyone in your community have any of these problems:

Coughing a lot for about one month or more

Sometimes coughing blood

Sometimes coughing yellow or green sputum

Chest pains

Weakness

Loss of weight

What kind of illness does a person with any of these problems have?

What do you call this illness in your community?

Why do people call this illness by this name? What do people think is wrong with the ill person?

How do people in your community take care of this illness?

Do all people with this illness go to the health center? If not, why not?

People in your community may have tuberculosis if they have any of these problems:

Coughing a lot for about one month or more

Sometimes coughing blood

Sometimes coughing yellow or green sputum

Chest pains

Weakness

Loss of weight

People who have tuberculosis can spread the illness to others.

What can you do to stop the spread of tuberculosis in your community?

How Can You Stop the Spread of Tuberculosis in Your Community?

To stop the spread of tuberculosis in your community you have to know how tuberculosis spreads.

In most cases tuberculosis spreads through the air. How does this happen?

People with tuberculosis spread the illness in the air when they cough or sneeze. Another person can get tuberculosis when he breathes the same air.



How else can people spread tuberculosis to others?

People with tuberculosis can also spread the illness when they cough and spit on the ground. Sputum from the ill person gets in the dust on the ground. Another person can get his hands dirty with the dust. He may not wash his hands before he eats food. He can swallow the dust with his food. Then he can get tuberculosis.

Sometimes the ill person makes pots, pans, and food dirty when he coughs or spits. Another person can get tuberculosis if he eats from the same pots or pans. He can also get tuberculosis if he eats the dirty food.

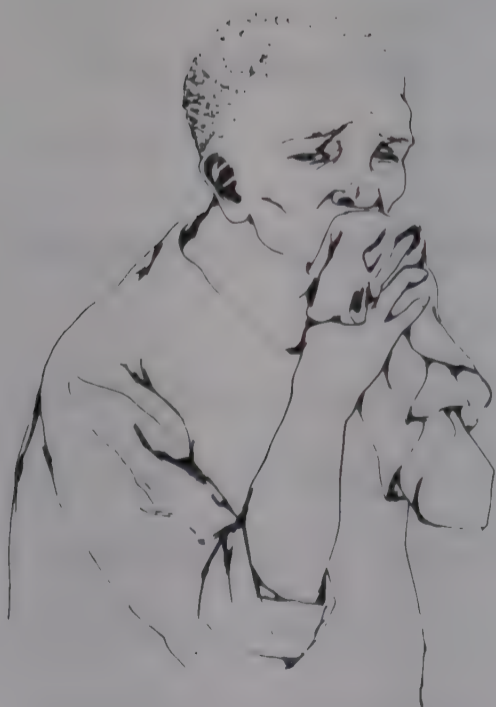
Now you have learned how tuberculosis spreads. How can you stop the spread of tuberculosis in your community?

Send anyone who you think may have tuberculosis to the health center. The health worker at the health center will find out if the person has tuberculosis. The health worker will give the person medicines if he has tuberculosis.

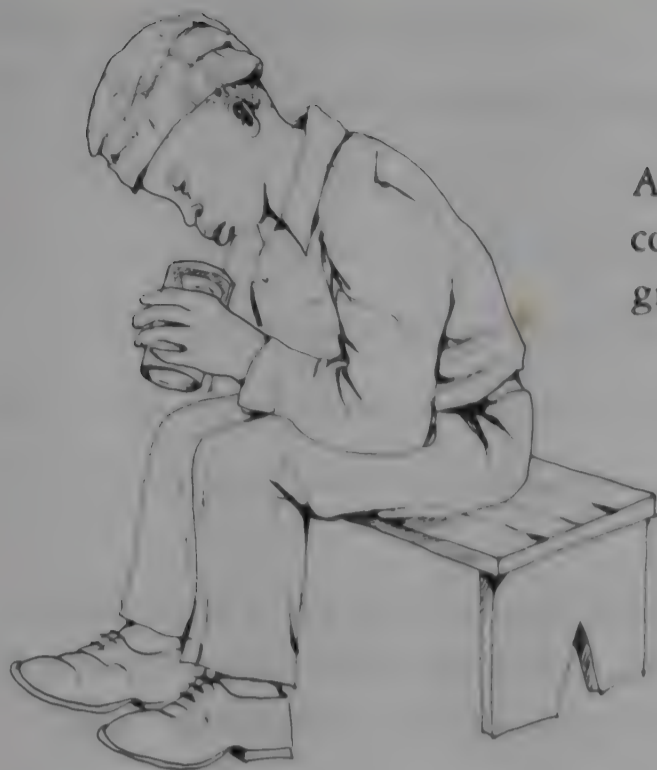
People with tuberculosis do not spread the illness if they take their medicines regularly. Your job is to make sure that people with tuberculosis take their medicines regularly. Then they will not spread the illness to others.

People with tuberculosis spread the illness when they cough or sneeze. What can you do about this?

Ask anyone with a cough that lasts for a month or more to go to the health center. Ask anyone who coughs sputum to go to the health center.



Ask people in your community to cover their mouths whenever they cough or sneeze. Then they will not spread as much illness in the air. They can cover their mouths with their hands or with a piece of paper or cloth.



Ask people who cough to spit into a container. They should not spit on the ground.

Ask them to burn the paper or the container or to wash the cloth so the illness does not spread to others. Then they should wash their hands.



Also ask people to cough down toward the ground. Then they will not spread as much illness in the air.

What else can you do to stop the spread of tuberculosis in your community?

Plenty of fresh air kills the tuberculosis illness in the air. Tuberculosis does not spread as easily in the fresh air. Ask people in your community to keep their windows and doors open if someone is coughing in their house.

Sunshine also kills the tuberculosis illness in the air. Ask people to let lots of sunshine into their houses.

How can people make sure they do not get tuberculosis?

Anyone can get tuberculosis if he lives with someone who has tuberculosis. Many people do not get tuberculosis because they are in good health. People who eat good food, drink clean water, and exercise are in good health.

Some people get tuberculosis more often than other people. These people get tuberculosis more often:

People who live in crowded conditions

People who work in dark, crowded, or dusty places like mines

People who smoke cigarettes

People who are weak because of poor food or not enough food

People who are weak because of another illness

What are the first things you can do to stop the spread of tuberculosis in your community?

SESSION 2

How Do You Know if Someone Has Tuberculosis?

In the last session you learned how you can help stop the spread of tuberculosis in your community. You also learned that a person who has tuberculosis spreads the illness to others.

How can you find out if a person has tuberculosis?

In this session you will learn how to find out if a person has tuberculosis. Then you can find the source of the spread of tuberculosis in your community. When you know the source of the spread of tuberculosis, you can help stop the spread of the illness in your community.

What happens when a person has tuberculosis?

A person with tuberculosis has a cough. The cough lasts for a long time. He may cough yellow or green sputum. A person with tuberculosis gets ill for a long time. He has to take medicines for a long time.

What else happens when a person has tuberculosis?

A person with tuberculosis may feel weak and tired. He may lose weight. Often he does not feel like eating. A person with tuberculosis may also have pains in his chest.

How does eating good food help a person so he does not get tuberculosis?

Without good food a person's body becomes weak. A weak body becomes ill very easily. A weak body cannot fight illness. Tuberculosis can be in a person's body for a long time without his knowing it. One day he becomes weak with some other illness. Tuberculosis then attacks his weak body. He becomes ill with tuberculosis. This is why it is important for people in the community to eat good food and to keep their bodies healthy.

People who eat good food have healthy bodies. People with healthy bodies do not get weak. People with healthy bodies do not get tuberculosis easily.

How can you stop children in your community from getting tuberculosis?



Many children get tuberculosis. You can help stop children in your community from getting tuberculosis. Ask every mother to take her baby to the health center for a special injection. The baby needs the injection soon after birth. The injection is called BCG. A BCG injection can help children so they do not get tuberculosis.

A baby gets a BCG injection in the outer side of his right shoulder. The baby will usually get a little sore on his arm three or four days after the injection. In a few days the sore will heal and leave a scar. Sometimes a baby does not get a sore or a scar after the injection. He may still get tuberculosis. Ask the mother to take her baby to the health center again. He needs another injection.

You should make sure that every child under age five in your community gets a BCG injection. Children who do not get a BCG injection may get tuberculosis. Tell all parents to take their children to the health center to get a BCG injection.



How else can you stop children in your community from getting tuberculosis?

Ask all parents who have a cough to go to the health center. The health worker at the health center will give the parents medicines if they have tuberculosis. People with tuberculosis must take their medicines regularly. Then they will not spread the illness to their children.

What are some of the things you have learned in this session?

How can you help stop the spread of tuberculosis in your community?

What are the first things you can do to stop the spread of tuberculosis?

SESSION 3

Taking Care of People with Tuberculosis

In the last session you learned how to find out if a person has tuberculosis. You also learned that people with tuberculosis spread the illness to others. But people with tuberculosis who take their medicines regularly do not spread tuberculosis to others. In this session you will learn how to help take care of people with tuberculosis.

A person with tuberculosis can be cured with medicines from the health center. A person with tuberculosis can be cured if:

He does not wait too long to go to the health center

He takes his medicines correctly and regularly

Make sure that anyone with a cough that lasts for a month or more goes to the health center. Also make sure that people with tuberculosis take their medicines correctly and regularly. A person with tuberculosis who stops taking his medicines will not get better. His family may also get sick.

Why should a person with tuberculosis take his medicines correctly and regularly?

Do you know people in your community with tuberculosis? Do they take any medicines? Do they take their medicines regularly? If not, why not?

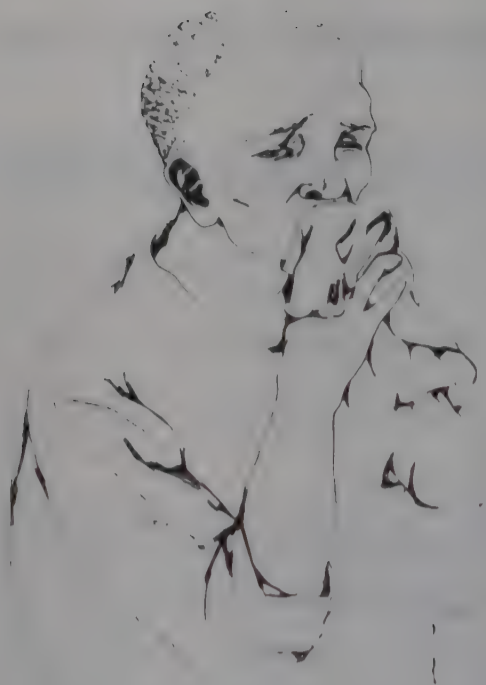
As a community health worker what should you do if you think someone has tuberculosis?

Ask the person to go to the health center. The health worker at the health center will find out if the person has tuberculosis. The health worker will give the person with tuberculosis some medicines. The person with tuberculosis will get better if he takes his medicines correctly and regularly. Remember to tell everyone with tuberculosis that tuberculosis can be cured.

Also ask the ill person to take other members of his family to the health center. A person with tuberculosis spreads the illness to others. The health worker at the health center will find out if other members of the family have tuberculosis.

What should you do when the person comes back from the health center?

Find out if the person has tuberculosis. The person with tuberculosis must take his medicines correctly and regularly. Explain this to the ill person and his family. Visit the person and his family regularly to make sure that the person takes his medicines every day.



Make sure that the ill person covers his mouth whenever he coughs or sneezes. Ask the person to spit into a container.

Make sure the person burns or carefully cleans the container after he uses it.



What should you do if you think someone has tuberculosis?

How to Take the Medicines for Tuberculosis

A person with tuberculosis may have to take medicines for at least two years. A person with tuberculosis may have to get one injection every day for the first two months. He may also have to take some medicines every day.

A person with tuberculosis must take the injection and medicines every day. Then he does not spread the illness to others. He begins to feel better. He feels like eating. He may feel stronger. He may even stop coughing. But this does not mean that he is cured. The illness is still inside him. A person with tuberculosis must take his medicines for at least two years.

What happens during the first two months of treatment for tuberculosis?

After two months a person with tuberculosis may not need any more injections. The health worker at the health center will give him medicines for one month at a time. He can take the medicines home with him. A person with tuberculosis must take his medicines every day for at least two years.

As a community health worker how can you help the person with tuberculosis?

Encourage and remind the person with tuberculosis to take his medicines correctly and regularly. Advise the family of the ill person to make sure he takes his medicines every day. This is good for the health of the ill person and his family.

What happens when a person with tuberculosis does not take his medicines every day?

Sometimes a person with tuberculosis does not take his medicines every day. Then he can spread the illness to others. He can spread the illness especially to other members of his family.

A person who does not take his medicines every day becomes ill with tuberculosis again. He gets tuberculosis worse than before. Once a person stops taking his medicines, it is more difficult to cure him. The person may have to take the medicines for a very long time to be cured.

As a community health worker you must make sure that people with tuberculosis take their medicines every day.

What happens when a person with tuberculosis takes his medicines every day?

A person who takes his medicines every day begins to feel better. He does not spread the illness to others. He can do his regular work. He begins to put on weight. He begins to feel healthy after a few months.

How else can you as a community health worker help the person with tuberculosis?

A person with tuberculosis gets medicines at the health center. The health worker at the health center also writes on the person's Patient Card. He writes when the person should go back to the health center. Make sure the person with tuberculosis goes back to the health center when he should.

The health worker also writes how long the person should take his medicines. Make sure the person takes his medicines for as long as he should. Then he will get better. He will not spread tuberculosis in your community.

A person with tuberculosis must take his medicines for at least two years. Then he still needs to go to the health center every six months for check-ups. The health worker at the health center checks so the person does not get tuberculosis again. Tell the person to stay away from others who have tuberculosis.

How can you as a community health worker help the person who has tuberculosis?

Do People Taking Medicines Have Any Problems?

Most people taking medicines for tuberculosis do not have problems. Some people may have some problems.

Send a person to the health center RIGHT AWAY if he has any of these problems:

Yellow eyes
Dark urine
Almost white stool

Some people taking medicines for tuberculosis may have these problems:

Trouble seeing
Feeling sick or wanting to vomit
A rash
Tingling fingers or toes
Trouble hearing
Feeling dizzy

These are also serious problems. Send a person with these problems to the health center as soon as possible.

How Can the Family Help a Person with Tuberculosis?

The family of a person who has tuberculosis can help the person in many ways.

How can the family help a person with tuberculosis?

The family can make sure the person takes his medicines every day. Then the person will not spread the illness to other members of his family.

The family must also go to the health center for check-ups. The health worker at the health center can find out if anyone else in the family has tuberculosis. The health worker can treat any other member of the family who has tuberculosis. Other members of the family should go to the health center right away. Then it is easier to treat them.

The person with tuberculosis needs plenty of good foods. The family can make sure the ill person eats well to get better. The person with tuberculosis also needs exercise and good rest.

Every child in the community needs a special injection called BCG. Parents should take their babies to the health center soon after the baby is born. Parents should be sure that all their children get a BCG injection. A BCG injection can help children so they do not get ill with tuberculosis.

You have learned about tuberculosis so far in this workbook. What do you think is your role to stop the spread of tuberculosis in your community? Discuss your role.

What are some of the first things you can do in your community?

SESSION 4

The Story of Grandmother Mamosa Maketha

In the last session you learned about tuberculosis. You learned that a person with tuberculosis spreads the illness to others. You also learned that tuberculosis lasts a long time. People with tuberculosis must take their medicines every day for a long time.

Leprosy is another illness that may be common in your community. Leprosy lasts a long time. People with leprosy must take their medicines every day for a long time.

Your role as a community health worker is to find people in your community who may have leprosy. You must also make sure that people with leprosy take their medicines correctly and regularly. Then the people will not get more and more ill.

In this session you will learn about leprosy in a family. You will also learn how to find people with leprosy and how to help them.

The Story of Grandmother Mamosa Maketha*



In this picture you see grandmother Mamosa Maketha. What do you notice about grandmother Mamosa Maketha?

** Adapted from a Story from Botsabelo, Lesotho*

Grandmother Mamosa Maketha looks old. Her eyes trouble her. Her hands and feet do not look right. Why is this?



Grandmother Mamosa Maketha has leprosy. Grandmother Mamosa Maketha lives with her oldest daughter Mathabo and her two grandchildren. Even though grandmother's eyes are not good, she looks after her two grandchildren.

Today, grandmother's youngest son has come from town. Her son has brought his wife and their new baby boy named Leeto.

Soon after her son's visit, grandmother Maketha dies. The people in her village think that now no one in the village will get leprosy. Grandmother Maketha was taken once to the hospital. She came back to the village and told people she was taking her medicines for leprosy. No one saw grandmother go to the health center or the hospital again to get any more medicines. So now that grandmother has died the people in the village think that they will be safe from getting leprosy.



Do you think everyone is safe from getting leprosy?

Three years after grandmother's death her daughter Mathabo notices some patches on her body. These patches do not itch or hurt, so Mathabo tries to forget about them.

One day a neighbor asks Mathabo what is wrong. Mathabo knows she has leprosy, but she does not tell the neighbor. Mathabo knows the patches on her body are not as bad as her mother's patches. Mathabo decides to go to the health center.



What are the first signs of leprosy that Mathabo noticed?

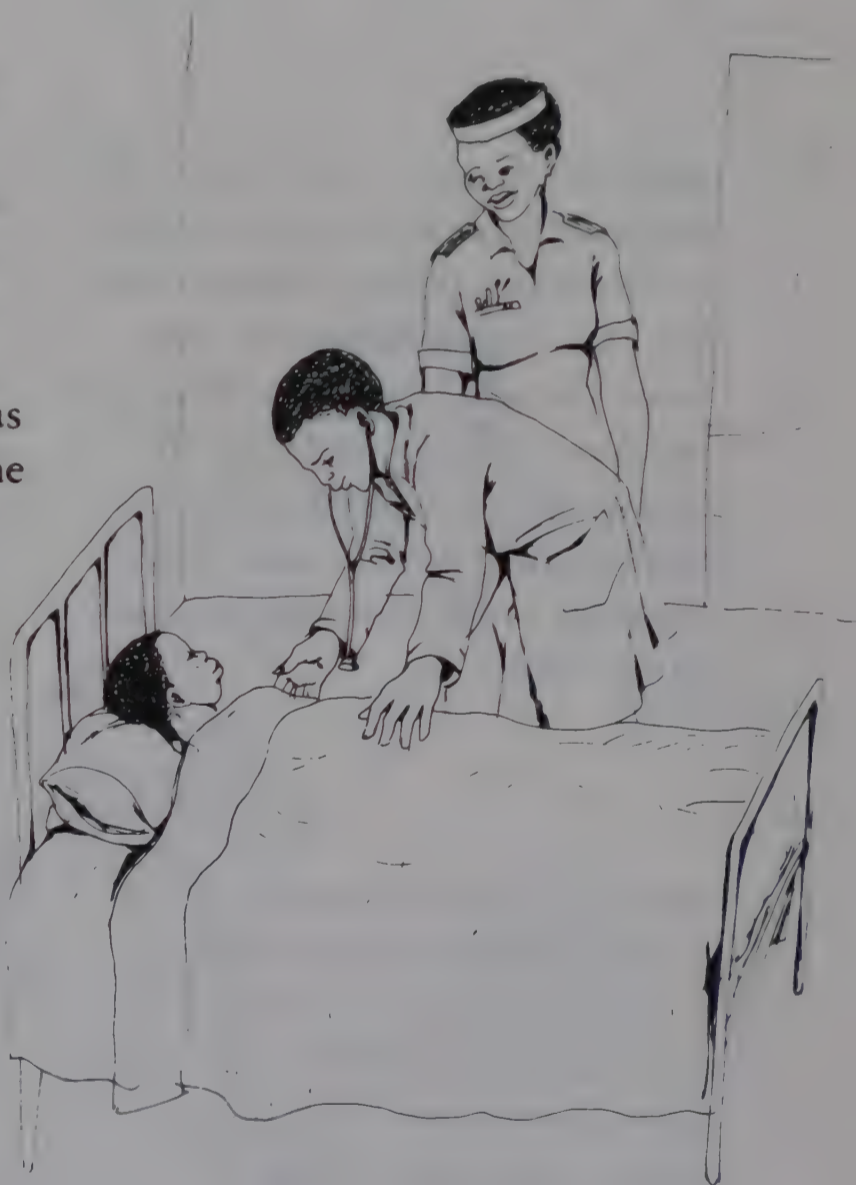
Why do Mathabo's patches not look the same as grandmother Maketha's?

Mathabo's patches look different because leprosy can look different on different people. Some people get light patches. Others get well-defined patches. Some people with leprosy get thick, swollen faces like grandmother Mamosa Maketha. Mathabo did not get a thick, swollen face, but she got a lot of patches. Leprosy looks different on different people.

Mathabo goes to the health center. The health worker finds that Mathabo has leprosy. The health worker gives Mathabo some medicines. Mathabo takes the medicines every day. She begins to feel a little better.

A few months later Mathabo becomes ill. Mathabo has a fever. Her hands feel weak. Sometimes she has pain in the joints of her legs and arms. Mathabo goes to the health center. The health worker tells Mathabo that she has a "reaction" to the medicines. The health worker arranges for Mathabo to go to the hospital.

Mathabo stays at the hospital for ten days. Mathabo gets better. The health worker at the hospital tells Mathabo that she can go home. The health worker tells Mathabo that if she has a reaction again she should go to the health center. She should make plans to come to the hospital.



Mathabo gets some medicines to take every day. After a few months Mathabo has another reaction. Mathabo does not go to the hospital. Mathabo stops taking her medicines every day.



What do you think happens to Mathabo?

After some years, Mathabo's illness becomes worse. Mathabo starts taking her medicines again. But the medicines do not help much.

Mathabo decides to go back to the health center. The health worker at the health center tells her that she can no longer take her old medicines. The health worker gives Mathabo another medicine. The health worker tells Mathabo that now she will have to take medicines for many years if she wants to get better.

Mathabo's sister-in-law from town comes to visit her. She brings her son Leeto. Leeto is now eight years old. Mathabo's sister-in-law is worried. Leeto's face looks different. Leeto's face is swollen. Mathabo's sister-in-law thinks that Leeto has leprosy.





Mathabo explains to her sister-in-law how she did not take her medicines and became ill many times. Mathabo's sister-in-law decides to take Leeto to the health center. The health worker at the health center cannot be sure if Leeto has leprosy. The health worker asks Mathabo's sister-in-law to take Leeto to the hospital. Leeto goes to the hospital with his mother.

One week later Leeto's mother gets a message to take Leeto to the health center. Leeto has leprosy. Leeto's mother is very sad, but she wants Leeto to get better. She does not want Leeto to become like his grandmother Mamosa Maketha or his aunt Mathabo.

Leeto's mother takes Leeto to the health center. She gets some medicine for Leeto. The health worker tells Leeto's mother that Leeto must take his medicine every day.

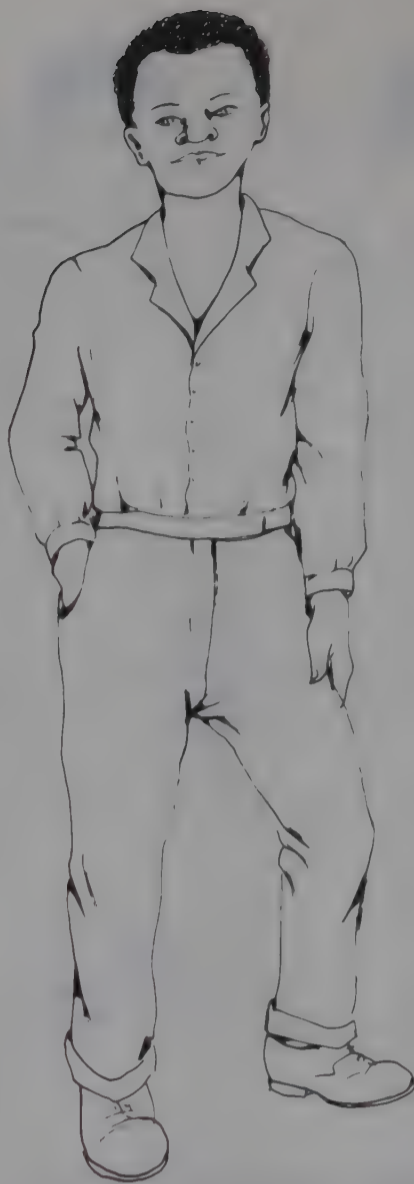
Leeto's mother makes sure Leeto takes his medicine every day. Leeto gets ill once or twice. Leeto's mother takes him to the health center right away. Leeto has to go to the hospital for special treatment.



Soon Leeto gets better. He goes home. He goes to school. Leeto's mother takes him to the health center once a month.

Now Leeto is a big boy. Leeto never misses his treatment. He goes to the health center if he has any problems.

Leeto's mother wanted Leeto to take his medicine regularly. She did not want Leeto to become like grandmother Maketha. With good care and treatment Leeto grows up to be a handsome and smart man. Leeto's mother is proud of her son.



Some years later, Leeto becomes a school teacher. He has his own family. One day Leeto goes to visit his aunt Mathabo. Leeto tells his aunt how happy he is to be all healthy. Leeto tells his aunt that he still has to take some medicines. But he can live a good life like anyone else.

Aunt Mathabo is now blind and crippled. Leeto feels sorry for her. But Aunt Mathabo tells him that she is suffering because of her own mistakes. "I never took my medicines like the health worker said I should," she admits. "Now I am sorry about what has happened to me. But I am glad that you, Leeto, were not so foolish."

What have you learned from the story of grandmother Mamosa Maketha and her family?

How did Mathabo and Leeto get leprosy?

What happened when Mathabo stopped taking her medicines?

Will Leeto spread leprosy to others if he takes his medicines? Why?

People with leprosy who take their medicines every day do not spread leprosy to others.

SESSION 5

Taking Care of People with Leprosy

Most people do not get leprosy. About nine out of ten people do not get leprosy even if they are with people who can spread leprosy. Most people with leprosy do not spread the illness to others. They have a kind of leprosy that does not spread.

What should you do when you find some people who have leprosy?

People with leprosy can stay in their homes and in the community. They must take their medicines every day. People with leprosy who take their medicines every day do not spread leprosy to others. Leprosy is not spread by food or water. Leprosy is spread by *very long* contact with a few people who can spread the illness.

What is the first sign of leprosy?

The first sign of leprosy is a change in the color of the skin. Small, light patches on the skin are also early signs of leprosy. Sometimes these patches do not have feeling. As a community health worker you should find out who has these patches.

Send anyone with a skin problem to the health center. Find people with leprosy early. Then the illness will not spread as easily to others. People with leprosy do not get very ill if you find them early. They are also easy to treat.



What happens if a person with leprosy does not get treatment early?

A person with leprosy who does not get treatment early can lose feeling in his hands, feet, fingers, and toes. Then he cannot feel pain, heat, or cold. He can burn and injure himself easily. These small injuries become bigger and bigger. The person sometimes loses his fingers and toes. Leprosy does not cause this. The loss of feeling causes this. Not taking good care of injuries also causes this.

How can you help a person so he does not get injuries?

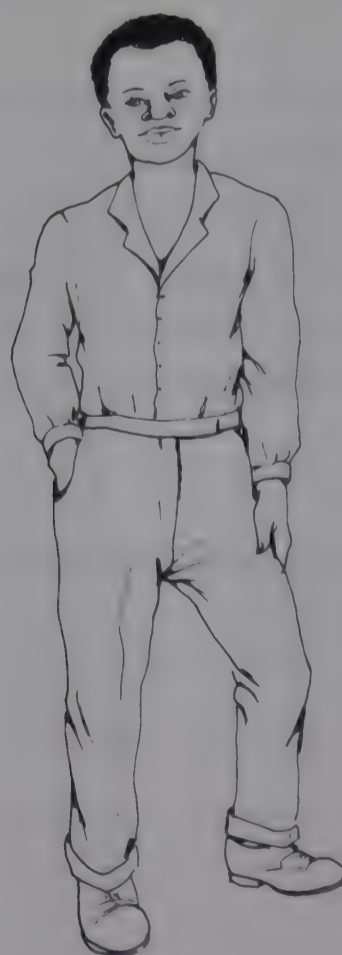
A person with leprosy should check his hands and feet for injuries every day. If he has an injury he should see the community health worker. He can also take good care of the injury himself. He should wash the injury with soap and water. Then he should cover the injury with a clean cloth.



People with leprosy should always wear shoes or sandals. They should take care of their hands while cooking or when working with sharp tools. Then they will not injure their feet or hands.

Some people with leprosy have problems with their joints. They should go to the health center to learn how to exercise their hands and feet. Then the joints in their hands and feet will not get stiff and bent.

LEPROSY CAN BE CURED. In the story, Leeto's leprosy was cured with good care and treatment. Make sure that people with leprosy take their medicines every day. Be sure they go to the health center if they have any problems when they take their medicines.





Most people with leprosy can be cured in three or four years if they start taking medicines early.

Mathabo had a kind of leprosy that could have been cured in three or four years. But Mathabo did not take her medicines every day. It was difficult to treat Mathabo's illness because she did not take her medicines every day.

Leeto had a different kind of leprosy. Only a few people have this kind of leprosy. They have to take their medicines for many years.

If a person with leprosy stops taking his medicines, the illness comes back. The illness is much worse when it comes back, just like you learned about Mathabo.



What else can you do so people in your community do not get leprosy?

Check all children in your community for light skin patches. Make sure you check the children of people who have leprosy. Ask parents to look for light patches on their children's skin. Send any children who have light patches to the health center.

What can you do to stop the spread of leprosy in your community?

What can you do to help people who have leprosy?

What are the first things you can do in your community?

Basic Messages

Tuberculosis

1. A person who has any of these problems may have tuberculosis:
 - Coughing a lot for about one month or more
 - Sometimes coughing blood
 - Sometimes coughing yellow or green sputum
 - Chest pains
 - Weakness
 - Loss of weight
2. People with any of these problems should go to the health center for a check-up.
3. People with tuberculosis can spread the illness to others.
4. TUBERCULOSIS CAN BE CURED.
5. People with tuberculosis must take their medicines every day.
6. People should let lots of fresh air and sunshine into their houses.
Plenty of fresh air and sunshine kills the tuberculosis illness in the air.
7. People should eat good food and keep their bodies healthy so they do not get tuberculosis.
8. Mothers should take their babies and other children to the health centers for BCG injections.

Leprosy

1. Most people do not get leprosy.
2. Most people who have leprosy do not spread the illness to others.
3. A person can get leprosy after very long contact with a person who can spread leprosy.
4. The first sign of leprosy is small, light skin patches.
5. LEPROSY CAN BE CURED.
6. People who have leprosy must take their medicines every day.

The MEDEX Primary Health Care Series

First Aid

**A WORKBOOK FOR
COMMUNITY HEALTH WORKERS**

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Community Health Worker's Name:

Address:

Library of Congress Catalog Card No. 83-80675

First Edition

Printed in U. S. A.

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Funded by the U. S. Agency for International Development Contract No. DSPE-C-0006. The views and interpretations expressed are those of the Health Manpower Development Staff and are not necessarily those of the United States Agency for International Development

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SESSION 1

Making Sure Accidents Do Not Take Place in the Community

You can help make sure that many accidents and injuries do not take place in your community. Accidents happen when people are careless and do not watch what they are doing. Some accidents are minor and cause minor injuries. Other accidents are serious. Serious accidents can cause serious injuries. Serious accidents can even cause death. In this workbook you are going to discuss how you can help make sure accidents do not happen in your community. You are also going to learn how you can care for minor accidents in the community.



In this session you will discuss the kinds of accidents that are common in your community. You will also discuss how you can help make sure they do not happen.

How Do Accidents Happen in the Community?

What accidents have you seen in your community?

Look at this picture. Find the things that can cause accidents.



What are the common accidents in your community?

Some common accidents are cuts and wounds, burns, poisonings, choking, and broken bones.

Who suffers the most from common accidents?

Mothers _____

Older people _____

Fathers _____

Farmers _____

Young children _____

Where do most accidents happen?

In the home _____

In the fields _____

In other work places _____

Where children play _____

On the streets _____

To stop accidents you have to know where most accidents happen.
Then you have to find out why these accidents happen.

Most accidents happen because a place is unsafe, because people are careless, or both. You have to ask yourself which is the reason. Then you can help stop accidents from happening.

Children often have accidents because parents are not careful and the home is not safe for children. The home may be safe for older people. Older people know what each thing is used for. Young children may not know. Young children may put their hands in the fire. They may pick up a sharp knife. They may drop a glass bottle. You should share ideas with parents on how to make their homes safe for children to play and live. You will discuss some of the ways in this session.



How Can You Help Stop Common Accidents
in the Community?

You can help people in the community make sure accidents do not happen. First, you must find out the causes of accidents in the community.

Why do people have cuts and wounds in the community?

Why do people have burns in the community?

Why are there accidents of poisonings in the community?

Why do people in the community choke?

Why do people in the community get broken bones?

Making Sure Cuts and Wounds Do Not Happen

Tools, knives, broken glass, or other sharp objects are usually the causes of cuts and wounds. Children and older people can suffer cuts and wounds when they fall down. People can also get cuts and wounds when they work with machines.

Share with people in your community these ways to stop cuts and wounds from happening.

In the Home

Keep sharp tools and objects away from children.

Keep glass objects away from children.

Never let children run with glass or other objects that can break easily.

Never let children climb trees that have weak branches.

Work carefully with sharp tools and objects.

Always move sharp tools away from your body when you use them.

In the Fields

Work carefully with farming tools
Always wear shoes or sandals when
working in the fields

Protect yourself when working
with sharp tools

Work in the fields only when there
is enough light to see what you are
doing

Keep children away from farm
tools and machines



In the Community

Always throw rubbish in rubbish
pits

Do not let children play near
rubbish pits

Never throw cans or glass bottles
near where children play and
people walk

Which of these ways are useful in your community?

How else can you help people in your community make sure cuts and wounds do not happen?

Making Sure People Do Not Get Burns

Burns usually occur in homes. Mothers and children suffer the most from burns. Children often get serious burns. Share with people in your community these ways to stop burns from happening.



Make sure children do not come near fire. Children are attracted by fire and can easily burn themselves.

Do not leave a child alone in a room where there is a burning fire, lamp, or candle.

Never leave a fire, lamp, or candle burning when you are not at home.

Put out all fires, lamps, and candles before going to sleep.

Do not smoke near beds or other things that burn easily.

Keep matches where children cannot reach them.

Make a short wall around the cooking area to keep children away.

Use a cloth to hold hot pots.

Be careful when cooking with hot oil.



Which of these ways are useful in your community?

How else can you help make sure people in your community do not get burns?

Making Sure Poisoning Accidents Do Not Happen

What common things do people use that may be poisonous?



Which people most often take poisons by mistake?

Mothers _____

Older people _____

Fathers _____

Children _____

Farmers _____



Children most often take poisons by mistake. Children often do not know when they are drinking or eating poisons. Parents should keep all poisons out of reach of children. Parents should keep all medicines out of reach of children. Parents should make sure that children do not eat poisonous berries or fruit.

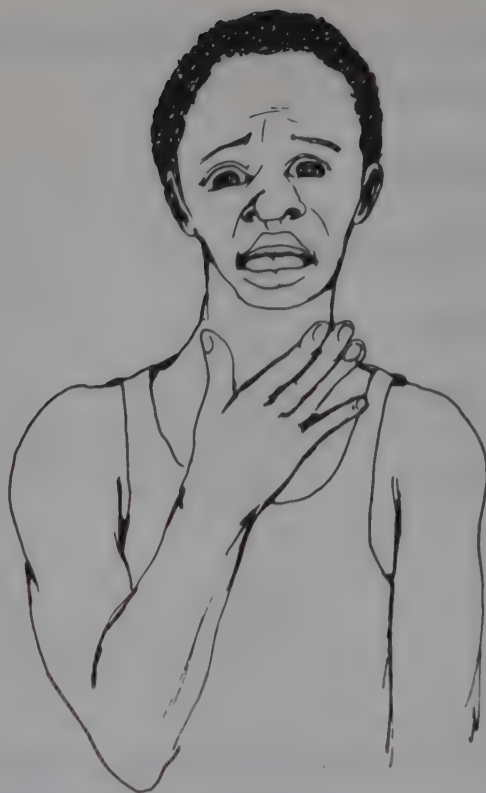
Farmers use poisons called pesticides to keep insects and other pests away from their crops. Farmers should be careful when they use pesticides and follow the instructions. They should keep pesticides out of the house. Farmers should wash their arms and hands well with soap and water after using pesticides.

Making Sure People Do Not Choke

Choking means not being able to breathe. Choking is not a very common accident in the community. Still, you should know how to share ideas with people to make sure choking does not happen in your community.

What is the main cause of choking?

The main cause of choking is food stuck in a person's throat. The person is not able to swallow the food. He cannot breathe. Without good care the person can sometimes die.



You can help make sure people do not choke in your community. Tell people not to eat when they are running, laughing, or talking. People should not try to swallow large pieces of food. They should chew their food well before swallowing it.

Children can choke when they swallow small things. Children can choke when they swallow things as small as peanuts.

What can parents do so children do not choke?

Parents should watch young children when they eat. Parents should not give children anything to play with or eat that can make them choke. Parents should make sure that children do not play with small things like beads or coins. Parents should mash the food for young children. They should also remove seeds and skins from fruits and vegetables that young children eat.

Making Sure People Do Not Get Broken Bones

Serious accidents can cause broken bones. Children can break their bones when they play or fall from trees. Grown-up people can break

their bones in car or motorcycle accidents. Some grown-up people break their bones while working with heavy farm equipment or machines

Broken bones are not very common in the community. Still, you should know how to share ideas with people to make sure broken bones do not happen in your community. Make sure the streets in your community are safe. Do not let children climb high trees or trees with weak branches



How else can you help make sure people in your community do not get broken bones?

Now you will take a walk with the trainer through a community. Make a note of all the things that you can do to stop accidents in the community.

Write down some of the things you notice that can be done to stop accidents:

In the community surroundings _____

In the homes _____

In the fields or other work places _____

What are some of the things you can do in your community to stop accidents?

What are the first things you can do in your community to stop accidents?

SESSION 2

Caring for Cuts and Wounds in the Community

What Is First Aid?

First aid is the care you provide to a person right away after an accident. In the next four sessions you will discuss and learn how to provide first aid to people after some minor accidents. You will also learn the right way to send a person to the health center after a serious accident. This is also first aid.

In this session you will discuss and learn how to provide first aid for cuts and wounds. You will also practice how to provide first aid for cuts and wounds.

Care for Small Cuts and Wounds

Most small cuts and wounds heal by themselves. People with small cuts and wounds should keep the cuts and wounds clean. Dirt makes cuts and wounds worse. Dirty cuts and wounds do not heal easily.

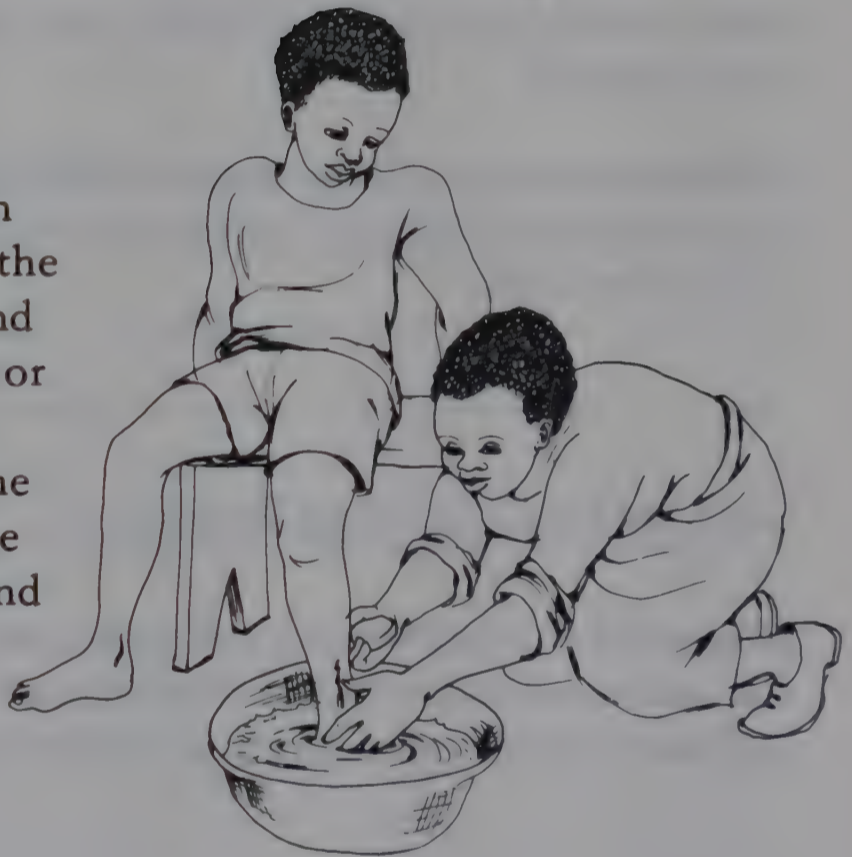
How do people in the community care for cuts and wounds?

Here is how you can care for people with small cuts and wounds.

Wash your hands with soap and clean water.



Wash the cut or wound with soap and water. Then wash the cut or wound with boiled and cooled water. Wash the cut or wound twice a day. Let the clean cut or wound dry in the sun. Ask the person with the wound to keep it covered and clean.



Ask the person to take care of the cut or wound like this for four or five days. Send the person to the health center if the cut or wound does not heal in four or five days.



Care for Cuts and Wounds with Minor Pus or Swelling

Dirt makes cuts and wounds worse. Without good care, cuts and wounds become swollen and red. Dirty cuts and wounds sometimes get filled with pus. Here is how you can help take care of cuts and wounds with minor pus or swelling.

Wash your hands before and after washing the cut or wound.



Wash the cut or wound with soap and water.



Then soak the cut or wound like this:

Warm some water. Soak a clean cloth in warm water. Place the warm, wet cloth on the cut or wound. Do this at least ten times. This helps to clean the cut or wound.



Ask the person to wash and soak the cut or wound at least two times a day. Ask the person to keep the wound covered so dust and flies do not get in it.

Send the person to the health center if the cut or wound does not heal after four or five days.

Send the person to the health center if the cut or wound gets more red, swollen, or filled with pus.



Care for Large Cuts and Wounds

Large cuts and wounds can become serious. Most large cuts and wounds need special care. You should send the person to the health center as soon as possible. Large cuts and wounds can cause a lot of bleeding. Bleeding can make a person weak and sick. The person may go into shock. The person may even die if the bleeding is not stopped.

The main care for large cuts and wounds is to stop the bleeding. You should try to stop the bleeding before you send the person to the health center.

How can you stop the bleeding from a large cut or wound?

Here is how you can help stop the bleeding.

PRESS HARD.

You can stop almost all bleeding by pressing hard with a clean cloth on the bleeding place.



When the bleeding is from the person's head, neck, arm, or leg, you should also raise the bleeding place.

If the person has a wound on the leg or arm you can:
Lay the person down.
Raise the leg or arm about $\frac{1}{2}$ meter.



If the person has a wound on the neck, face, or head you can:
Lay the person down.
Raise his head above his chest.

Why should you raise the wounded part of the body?

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Raising the wounded part helps to slow or stop the bleeding. **KEEP PRESSING** the bleeding place at the same time.

Cover the bleeding place with a clean cloth as soon as possible. **KEEP PRESSING**.



If blood comes through the cloth, put another clean cloth on top of the first cloth. **KEEP PRESSING**.



If the blood does not come through the cloth, wrap a clean cloth or bandage around the wound. Do not tie the cloth too tightly. Help the person to the health center.



If the bleeding **DOES NOT STOP**, wrap another cloth or bandage around the wound. Help the person to the health center. **KEEP PRESSING** with a clean cloth all the way to the health center.



Care for Nose Bleeds

Are nose bleeds a common problem in your community?

What do people in your community do if they have a nose bleed?

Sometimes people blow their nose to remove the blood. This makes the bleeding worse. Remember that pressing helps to stop the bleeding.

How can you stop a nose bleed by pressing?

Press the soft part of the nose when it is bleeding. This is called pinching the nose. Here is what you can do to help a person with a nose bleed.

Help the person sit down.

Ask the person to move his head forward a little.

Ask the person to pinch the soft part of his nose. Ask the person to breathe through his mouth. He should pinch his nose until the bleeding stops. This usually takes about five to ten minutes.



Tell the person to pinch his nose if the bleeding starts again.

If the bleeding does not stop, send the person to the health center. Tell him to continue pinching his nose on the way to the health center.



What can you do to stop cuts and wounds in your community?

How can you care for persons with cuts and wounds?

Show your trainer how you care for persons with cuts and wounds

What are the first things you can do in your community?

SESSION 3

Caring for Burns and Poisonings in the Community

You have discussed some of the causes of burns and poisonings in Session 1. You have also discussed some of the ways you can help so burns and poisonings do not happen in your community. In this session you will also discuss how to care for minor burns and poisonings.

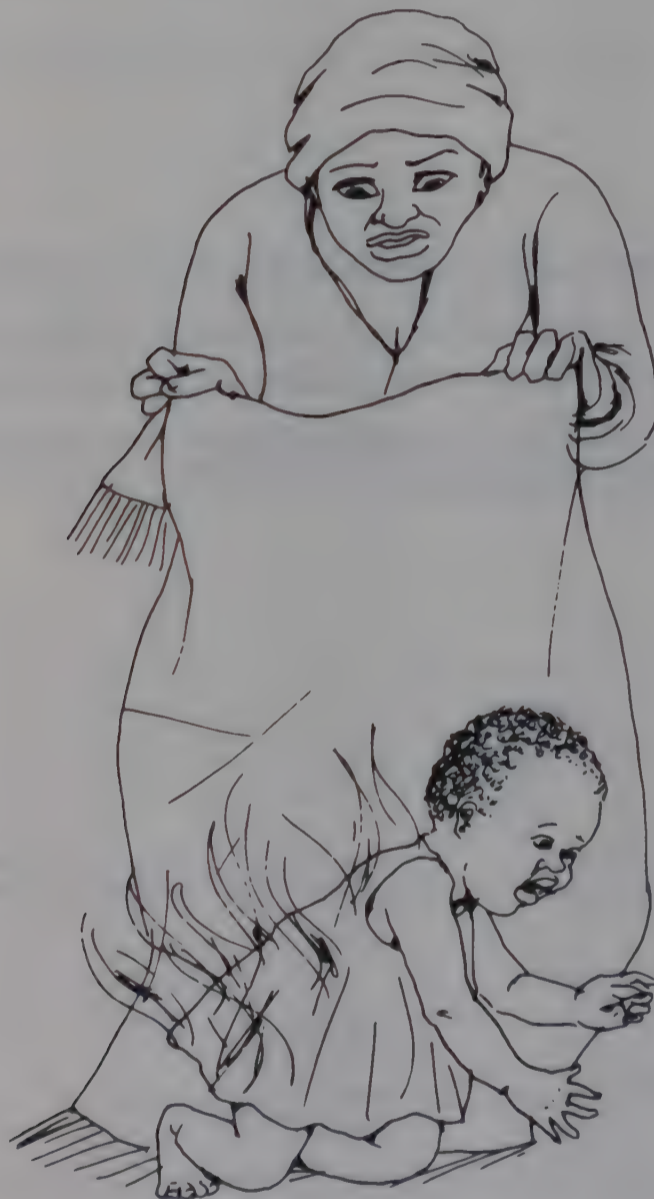
Care for Burns

Many people in the community use open fires for cooking. Open fires cause many burns. Parents should take extra care when children are near where people cook. Parents should be careful with hot pots and hot liquids. People should also be careful when they are wearing loose clothes and cooking on an open fire.



What would you do if you saw a person's clothes catch fire?

Many people start running when their clothes catch fire. This makes the clothes burn even quicker. A person whose clothes are on fire should roll on the ground. Or, he should quickly wrap himself in a blanket or heavy cloth. Or, someone should wrap the person in a blanket or heavy cloth. This will help to stop the fire.



How do people take care of burns in the community?

Some people put oil, egg, ashes, or dung on burns. These things do not help a burn. Share with people in your community these ways to care for burns.

Help the person lie down.

Remove clothing, belts, and watches from around the burn.

Gently wash the burn with cold water.

Cover the burn with a wet cloth.

Cover the person with a blanket or heavy cloth so the person stays warm.

Give the person water and other fluids to drink.

Help the person to the health center.

Care for Poisonings

Many people die because they swallow something that is poisonous. Small children often drink or eat poisonous things. You have discussed how parents can make their homes and the community safe so that children do not eat or drink poisons. Some of the things in the home or the community that are poisonous are:

DDT

Pesticides

Medicines

Petrol

Lye for making soap

Caustic soda

Paraffin

Paint

Most of these things are very poisonous for children. Children can die if they drink or eat any of these things.



Children often take poisons by mistake. Children often do not know when they are drinking or eating poisons.



How do people in the community care for poisonings?

Here is how you can help if you think someone has taken a poison

Look in and around the person's mouth. Smell the person's breath. Smell for paraffin or petrol. If there is no smell of paraffin or petrol, TRY TO MAKE THE PERSON VOMIT. If there are no new sores around the person's mouth, TRY TO MAKE THE PERSON VOMIT.

Have the person stick his finger down his throat. If necessary, help the person by putting a spoon or finger in his throat. Or, give the person a glass of water with two tablespoons of salt. This may help the person to vomit. Let the person vomit as much as he can.

DO NOT MAKE AN UNCONSCIOUS PERSON VOMIT.

When the person has finished vomiting, give him plenty of water, milk, or other fluids to drink. Help the person to the health center.

Try to find out what poison the person has taken. Tell the health worker at the health center.

If you smell paraffin or petrol on the person's breath, DO NOT MAKE THE PERSON VOMIT.

If the person has new sores in his mouth, DO NOT MAKE THE PERSON VOMIT.

Give the person plenty of water, milk, or other fluids to drink. Help the person to the health center right away.

What can you do to stop burns and poisonings from happening in your community?

What are some of the first things you can do?

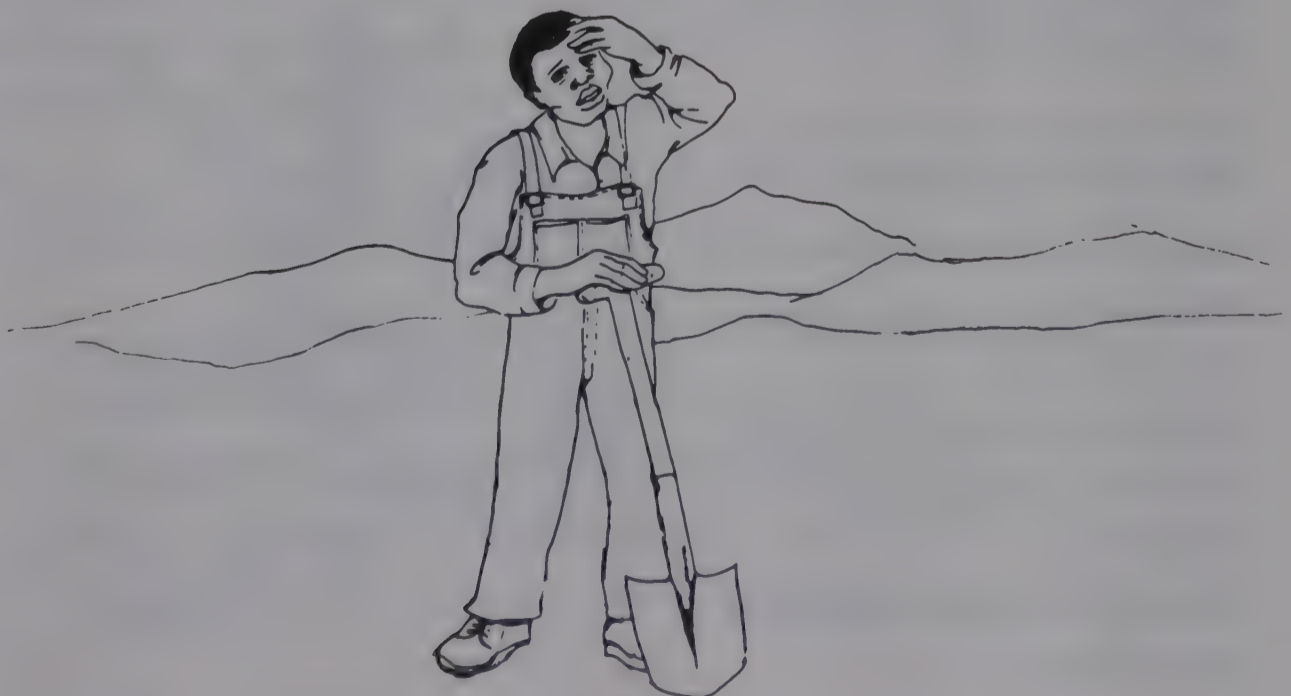
SESSION 4

Caring for Illnesses Caused by Heat in the Community

In hot weather some people may get ill by being in the sun too long. With simple care many people with illnesses caused by heat can get better. In this session you will learn how to care for heat cramps, heat exhaustion, and heat stroke.

Do people in your community have problems with heat?

How do people in the community care for problems caused by heat?



Care for Heat Cramps

A person sweats in very hot weather. He loses a lot of salt from his body. Without enough salt a person can get pains in his legs, arms, or stomach. These pains are called heat cramps.

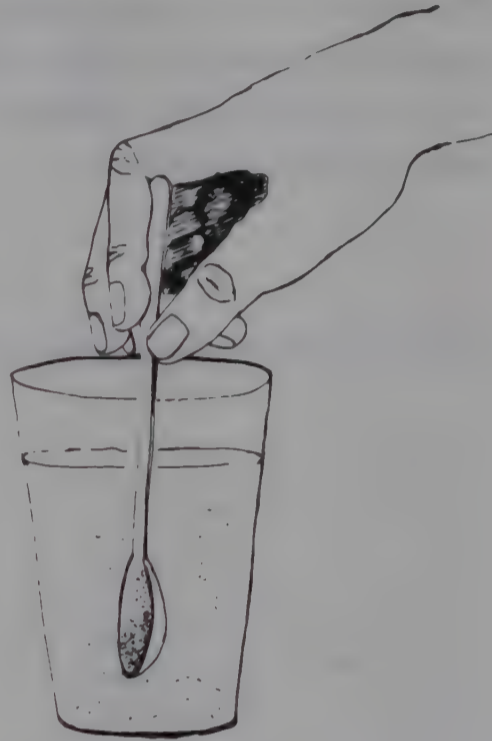
Your trainer will show you how to care for a person with heat cramps.

Give the person a salt and water solution. Mix one teaspoon of salt in a glass of water.

Give the person half a glass of the solution every fifteen minutes.

Do this at least four times.

Gently massage the muscles that have cramps.



Care for Heat Exhaustion

Some people may get heat exhaustion with heat cramps. A person with heat exhaustion becomes weak. He may faint. He loses a lot of salt from his body. However, the person does not have a fever.

You can help the person with heat exhaustion. Your trainer will show you what you can do.

Help the person lie down in a cool and airy place.

Raise the person's feet with some pillows or a box.

Loosen the person's clothing.

Put cool, wet cloths on the person's body.

When the person wakes up give him a salt and water solution.

Mix one teaspoon of salt in a glass of water.



Give the person half a glass of the solution every fifteen minutes.

Do this at least four times.

If the person vomits do not give him any solution.

Help the person to the health center.



Care for Heat Strokes

What is a heat stroke?

A heat stroke is a serious condition. Immediate care is very important. Without care, the person can die. Heat stroke is very different from heat exhaustion.

A person with a heat stroke has dry, red, hot skin. He has a high fever. The person is very ill. He may be unconscious.

Heat strokes are not common, but they are very dangerous. Young children, older people, and people who drink a lot of alcohol get heat strokes most often during hot weather.

The most important care for a person with heat stroke is to LOWER HIS TEMPERATURE. Here is how you can help.

Lay the person down in a shady, cool, and airy place.

Soak the person with cold water and fan him.

Continue to soak the person until his fever drops.

Give the person small sips of water when he wakes up.

Arrange to take the person to the health center.

What have you learned in this session?

What are some of the things you can do to help people with illnesses caused by heat?

SESSION 5

Caring for Choking, Shock, and Broken Bones in the Community

Choking, shock, and broken bones are serious problems. These problems do not occur often in the community. Still, you should know how to care for people with these problems. In this session you will learn how to care for people in the community with choking, shock, or broken bones. In many cases you may not be able to provide care in the community. Then you should send the person to the health center.

Helping a Person Who Is Choking

A person will die if he cannot breathe for a few minutes. A person who is choking cannot breathe easily. Someone must help the person who is choking as soon as possible. Share what you learn about choking with members of the community. Then someone will be able to provide the immediate care the person needs.

How can you help stop accidents that cause choking?

How can you help a person who is choking on food or a small object?

Your trainer will now show you how you can help a person who is choking. Practice how to do this with each other.

Stand behind the person.

Wrap your arms and hands around the person's waist. Put your fist against the person's belly. Place your fist above the person's navel and below his ribs. **PRESS** the person's belly with a sudden strong, upward jerk. This should force the food or small object out of the person's throat.

You may have to do this three or four times.



You can use this method when a person chokes on food or any small object. This method is useful for older children and grown-up people.

What should you do when young children choke on food?

Your trainer will now show you what you can do when a child chokes.

Lift the child up.

Hold him on your knee.

Hold the child so he is facing down.

Pat the child with some force but not too hard between the shoulders four or five times.

This should force the food or small object out of the child's throat.

Clear the child's mouth with clean fingers.

Check the child's breathing.

Do all this again if the child is still choking on food.



Helping a Person Who Stops Breathing for Other Reasons

A person may also stop breathing if he falls into a pond or river and cannot swim. The person swallows water through his mouth and his nose.

A person can also stop breathing for other reasons.

What happens when a person stops breathing?

When a person stops breathing, he looks like he is sleeping.
His chest stops moving.

How can you help the person?

Your trainer will now show you how to help the person start breathing again. Practice this method.

Lay the person down. Look in the back of the person's mouth and nose. Remove any object you see.



Kneel beside the person.
Put your hand under the person's neck.

Put your other hand on the person's forehead. Push the person's head back.

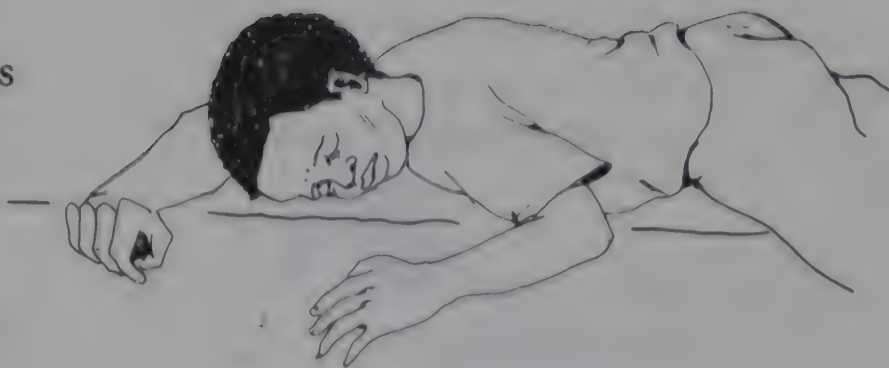
**LOOK AND LISTEN TO SEE
IF THE PERSON STARTS
BREATHING.**

LOOK to see if his chest
is moving.

LISTEN to find out if the
person is breathing.



IF THE PERSON STARTS BREATHING, turn him on his stomach. IF THE PERSON VOMITS, turn him on his stomach. Turn his face to the side. The person can breathe better in this position.



IF THE PERSON DOES NOT START BREATHING, begin mouth-to-mouth breathing:

1. Make sure there is nothing in the person's mouth.



2. Keep one of your hands on the person's forehead. Pinch the person's nose with that hand.

3. Take a deep breath. Place your mouth over the person's mouth. Blow air into the person's mouth.



4. Remove your mouth from the person's mouth. Look to see if the person's chest moves.



5. If his chest does not move,
give the person mouth-to-
mouth breathing again.



6. Take a deep breath.
Blow air into the
person's mouth.
Look to see if his chest
moves.

Continue to blow air and see
if the person's chest moves
until the person begins
to breathe by himself.
Blow air as often as
you breathe.



7. Help the person to the health center.

Giving mouth-to-mouth breathing to a child is different from giving mouth-to-mouth breathing to a grown-up. A child's mouth and chest are smaller. Your trainer will show you how to give mouth-to-mouth breathing to a child. Practice until you are sure you can do this.

Make sure there is nothing in the child's mouth. Tilt the child's head. Do not tilt the head too much. A child has a very soft neck.

LOOK AND LISTEN to see if the child begins to breathe. If the child does not breathe:

1. Take a deep breath.
Place your mouth over the
child's MOUTH AND
NOSE.
Blow a small puff of
air into the child.



2. Look to see if the child's chest moves.
3. Continue to blow small puffs and see if his chest moves until the child begins to breathe himself. Blow small puffs of air a little faster than you breathe.



4. Help the child to the health center.

What have you learned about helping a person who has stopped breathing?

Helping a Person Who Is in Shock

A person can go into shock if:

He has severe bleeding

He loses a large amount of fluids from his body

He has severe burns

He has a serious injury or accident

Serious bleeding can cause a person to go into shock. Loss of fluids from diarrhea or vomiting can cause shock, especially in children. Severe burns make a person lose fluids. Loss of fluid from severe burns can cause shock.

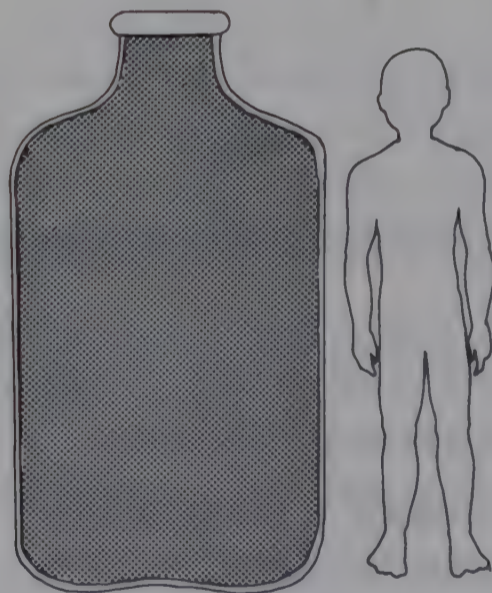
When a person goes into shock he becomes pale and weak. He may feel dizzy or have blurred eyesight. The person may feel very thirsty or want to vomit. Without immediate care the person can become seriously ill or die.

How can you help so a person does not go into shock?

Immediate care for serious injuries, diarrhea, vomiting, and burns can stop people from going into shock. Give the person lots of fluids to drink to put back some of the lost fluids. If the person has bleeding, try to stop the bleeding right away. Help the person lie down. The person may not go into shock.

These pictures will help you understand why a person with bleeding can go into shock.

Think of a person like a container. Think of the person's head as the top of the container.



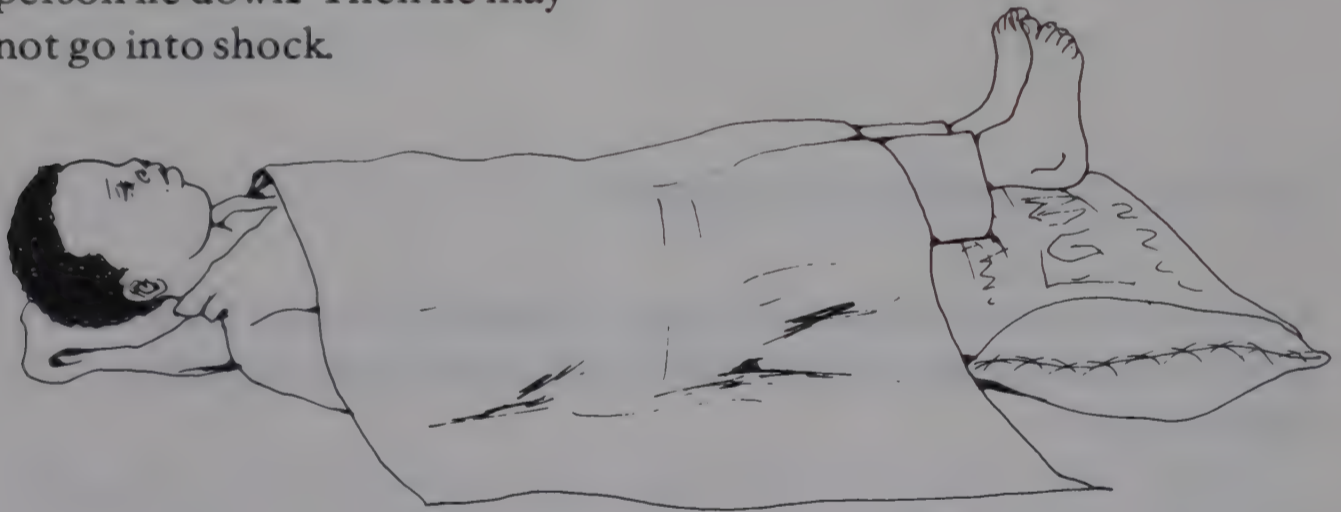
When a person is healthy, his body is full of blood. His head is full of blood. The container is full.

When the person bleeds, it is like a hole in the container. There is not enough blood to fill the container to the top. In a person, there is not enough blood to go to his head.



This makes the person go into shock. The person feels cold. The person falls down and feels weak.

When you lay the container down, the top fills up again. When you help the person who is bleeding lie down, blood reaches his head. The person may not go into shock. Therefore, it is important to help the person lie down. Then he may not go into shock.



It also helps to raise the person's legs so more blood goes to the person's head.

What should you do when you see a person in shock?

HELP THE PERSON LIE DOWN.

Raise the person's legs about $\frac{1}{2}$ meter higher than his chest.

Make sure the person is breathing.

Look to see if the person is bleeding.

Try to stop the bleeding.

Cover the person to keep him warm.

Give the person water and other fluids to drink if he is awake.

How can you help a person so he does not go into shock?

Helping a Person with a Broken Bone

You have discussed how bones break and how people can make sure they do not get broken bones. How can you tell if a person has a broken bone?

A person usually has severe pain where the bone is broken. Sometimes the bone looks crooked. Or, the place where the bone is broken is swollen or dark in color. Sometimes the broken bone sticks out of the skin.

What should you do first when you see a person who has a broken bone?

Do what you would for any serious accident:

Make sure the person is BREATHING.

Help the person LIE DOWN.

STOP ANY BLEEDING.

Help the person to the HEALTH CENTER.

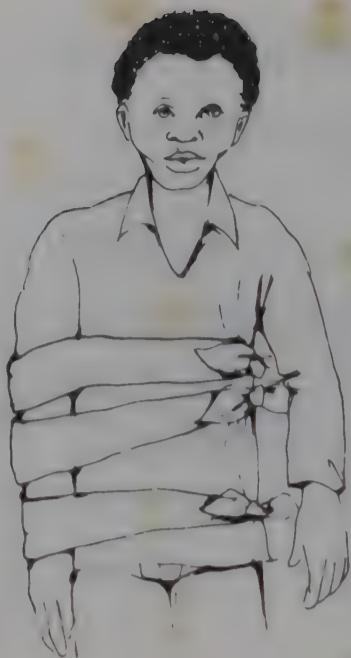
You must move the person with care. Be sure the BROKEN BONE DOES NOT MOVE.

How can you do this?

Wrap the broken bone to make sure it does not move. Your trainer will now show you how to wrap a broken bone. Practice doing this on each other.

If the broken bone is a leg bone, wrap it to the other leg. Use towels, blankets, bandages, or other cloths to wrap the legs.





If the broken bone is an arm bone:

Find out if the person can bend his arm. If the person cannot bend his arm, strap the arm to the person's chest.

If the person can bend his arm, support his arm with a sling.

Help the person to the health center as soon as possible.



In this session you discussed and learned how to care for people with choking, shock, and broken bones.

Do you see any other serious accidents in your community?

Show your trainer how you would help a person who is choking.

Show your trainer how you would give mouth-to-mouth breathing to a grown-up and to a child.

Show your trainer how you would help a person in shock.

Show your trainer how you would help a person with a broken bone.

When you have learned how to give first aid, you can teach others.

What are some of the first things you can do to prevent accidents in your community?

Show your handwriting on the lines below.

When you have finished, write your name and the date.

Write some of the lines that you have learned in your handwriting.

Handwriting practice lines with a faint illustration of a person's head and shoulders on the right side.

Write your name and the date on the lines below.

Write some of the lines that you have learned in your handwriting.

Handwriting practice lines.

Write your name and the date on the lines below.

Write some of the lines that you have learned in your handwriting.

Write your name and the date on the lines below.

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